

# Wrinkles-Ablative Resurfacing Before and After Instructions for Laser Treatments

## Prior to Treatment

- Avoid tanning bed, direct sun exposure, sunless tanning products and use a broad-spectrum sunscreen of SPF 30 containing zinc oxide or titanium dioxide daily for 4 weeks prior to treatment and 4 weeks after the treatment. Our office carries two different types of medical-grade mineral sunscreen.
- Avoid deep facial peel procedures for 4 weeks prior to your laser treatment (e.g., aggressive chemical peels, laser resurfacing, dermabrasion).
- Avoid Ginko biloba, vitamin E, aspirin products (e.g., Excedrin) for 2 weeks prior to the laser procedure to minimize bruising risk. Avoid anti-inflammatory medications such as ibuprofen (e.g., Motrin, Advil), naproxen (e.g., Aleve), and celecoxib (e.g., Celebrex) for 1 week prior to your procedure. Tylenol (acetaminophen) is fine.
- Do not use medications that cause photosensitivity (such as doxycycline, minocycline) for at least 72 hours prior to treatment.
- If you have a history of herpes (oral cold sores, genital) or shingles in the treatment area, start your antiviral medication (valacyclovir, acyclovir) as directed for 2 days prior to treatment and continue for 3 days after treatment.
- Discontinue use of glycolic and Retin-A-containing products 1 week before treatment.
- For discomfort, your doctor may prescribe stronger medications for discomfort such as Vicodin, Darvocet, and/or Valium.
- At the time of treatment, the area must be free of any open sores, lesions, or skin infections (e.g., active acne).

## Preparation for Procedure

- Meet with skincare specialist for appropriate home care products for post-procedure care

Products for facial cleansing (vinegar soak) post-procedure

- White vinegar
- Nonwoven gauze 4 × 4 in
- Plastic container in which to store vinegar-soaked gauze
- Headbands
- Two medium-sized soft reusable ice packs

## Day of Procedure

- Eat a solid breakfast.
- Take medications if indicated for prevention of herpes outbreak (Valacyclovir) and for pain such as Ultram or Darvocet (1 hour before procedure) as prescribed.
- Bring sun-protective items for post-procedure such as wide-brimmed hat and sunglasses.

## Post-procedure

- Sleep and rest with your head and shoulders elevated post-procedure day 0–4 to help minimize the swelling that may occur around the eyes and cheeks.
- Avoid activities that can cause flushing for 2 weeks after treatment.
- Avoid aggressive facial treatments such as microdermabrasion and chemical peels for 4 weeks and any topical products that may cause irritation for 6 weeks following treatment.
- Acne lesions or milia (white-colored tiny keratin plugs) can occur up to a month after treatment.
- Contact our office if you develop acne or milia. If you have been prescribed a medicine for acne, continue to take all medication as prescribed.

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- If blistering, crusting, or scabbing develops, call our office immediately. Apply a thin layer of antibiotic ointment (such as bacitracin) to the area twice a day until the skin heals. Do not pick or attempt to remove scabs that form following your treatment, as this may incur infection or scarring.

### Post-procedure Days 0–4

- Immediately after treatment, the skin will be red and feel sensitive and sunburned. There may be pinpoint bleeding. There may be some facial swelling, particularly around the eye area.
- Cleanse the treatment area only with vinegar soaks (see below) 6–8 times/day for day 0–2, then three to four times/day for day 3–4. Apply an occlusive moisturizer such as Aquaphor or vaseline generously as needed to keep the skin moist at all times.
- Apply a cool compress or wrapped ice pack 15 minutes/1–2 hours as needed.

### Vinegar Soaks

Always wash hands before touching the treated skin. Make a vinegar solution with 1 teaspoon of white vinegar in 2 cups of water. Soak the gauze in the vinegar solution and gently apply dripping wet to the treated areas allowing the gauze to remain in place for approximately 10–15 minutes. Using gentle pressure, wipe the treated area using the gauze. Do not tug or pull at skin. Serous drainage and/or tiny areas of bleeding in the treated areas may be present on day 0–1. Avoid aggressively rubbing the treated area.

### Postprocedure Days 5–7

- The skin will be less red and should not feel uncomfortable. There should not be any pinpoint bleeding. Dryness, itchiness, and skin peeling or flaking may occur. Redness typically lasts 1–2 weeks and mild redness may be prolonged.

- Gently wash twice daily with mild facial cleanser (e.g., Gentle Cleanser), do not rub the skin vigorously and avoid hot water as the skin will be fragile.
- When advised by provider, switch to using less occlusive moisturizer such. Our office carries a medical grade Bio-Therapy Moisturizer. However, any hypo-allergenic moisturizer is appropriate. Apply a physical sunscreen (with titanium and/or zinc) after the application of the moisturizer is fully absorb. If the treated area still feels dry consult the skincare specialist.
- Mineral makeup may be applied if desired once sunscreen is being used.



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